

QC

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Bookroom co-written by
mother and daughter **P.2**

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seeds at made-in-
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THE SWEET TASTE OF HOMETOWN SUCCESS

**HOW AIMEE SCHULHAUSER
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FREE

READ MY BOOK

LOCAL AUTHORS: Writers tell us what makes their book worth reading

■ **KERRY SIMPSON WITH JAMIE SIMPSON**

Jamie and the Monster Bookroom

Since I was a child, my dream was to write — what I wrote I read! I love.

I just had this intense longing for a book cover to scratch out my name. As with many dreams, we tend to push them to a corner when we are adults — too busy to give them a second thought!

But when my daughter was born, I became inspired to write more and read more ... A LOT more. Jamie was clearly for the first four months of her life and when she wasn't crying and I could hear my own voice, I was reading stories to her.

From a very young age (I assumed like mine, but) Jamie was comforted by books and later by the stories I told her before bed. As Jamie grew older and found her words she would ask me to tell her stories each night and I found myself becoming interesting stories each day so

I could share them with her.

One night I was particularly proud of myself for sharing a story about a lonely library book and Jamie loved it — so much so that she insisted I tell her more about it. She got Jamie and the Lonely Book. So I added more dimensions to the story each time I told it.

Thus in *Jamie and the Monster Bookroom* came to be. Four-year old Jamie and her mother travel to the library each week to select new books and Jamie's whimsical imagination takes her on a trip that she will never forget.



Author Kerry Simpson with Jamie Simpson

This story is symbolic of how I must Jamie — and every child who reads this book — to experience reading. Reading can inspire, reading can comfort, and reading can soothe.

Jamie is now four years old and is the coauthor of our first picture book. She and I continue to write our ideas for stories on the white noise board on our kitchen and I look forward to co-authoring another book with her.

Illustrator Erika Folstein brought the story to life with her vivid pictures and creativity. Thank you, Erika, for helping to make this dream a reality.

For more information or to order *Jamie and the Monster Bookroom*, contact Kerry Simpson at ksimpson@folstein.ca



By Kerry Simpson with Jamie Simpson
Illustrated by Erika Folstein

Jamie and the Monster Bookroom by Kerry Simpson with Jamie Simpson, illustrated by Erika Folstein, was named *Honorable Mention* in the Children's Book category of the 2014 Great Midwest Book Festival.

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Read about Anne Schatzgrou's twist on a canner in, pantry for one in cooling. QC PHOTO BY DON HEALY

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Jane Schatzgrou's mix of bright colours in the modern black and white decor of her condo.
QC PHOTO BY BRYAN SCHLOSSER

QC COVER PHOTO BY DON HEALY

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ON THE COVER

I really discovered my creative side when I started cooking. — *Aimee Schulhauser*

LOCAL BUSINESS

Schulhauser is sharing her love of food

By Ashley Martin

If Aimee Schulhauser had to eat one meal for the rest of her life, it would be her favourite meal of all time: her mum's meat buns, sautéed potatoes, and coleslaw with vinaigrette.

Dinner — Schulhauser's cooking wasn't always so appreciated.

Her eldest daughter missed the Kraft Dinner her friends were served, with its sharp sausage hot like and her two siblings were fed an "ethnic" looking — homemade macaroni and cheese, a pale creamy colour, sometimes with dark pink cubes of ham in it — the unprocessed equivalent of winners in RD.

Every birthday without it! Schulhauser's grandmother Lilian Lipinski would bake a cake for each of her grandchildren — sometimes an gel loaf, sometimes chiffon, always with "happy birthday" in icing. A one-time request for chocolate was met with shock. "That's not what we do."

What Lipinski does is from scratch dough shaped into pappared strudel, and pickled lemons of cabbage stuffed with meat and pork, "the German way."

She's probably the best cook you'll ever see," her chief granddaughter worried.

Aimee Schulhauser didn't start cooking until adulthood. She didn't have to.

"Everyone thinks I started behind my mum's apron kind of thing and she taught me everything I know — nope. She was a good taught that we didn't learn how to cook, we didn't need to feed for ourselves."

So much from baking cookies or brownies every now and then, Schulhauser was inexperienced in the kitchen.

Moving to Regina for university was a wake-up call. "Oh my god there's nothing on the table when I get home."



Aimee Schulhauser grew up eating her mother and grandmother's made-from-scratch cooking. QC PHOTO BY DENISE HALL

I always thought lunch would be a great little niche market and it would give me my evenings off.
— Schulhauser



Above: Schulhauser, owner of Schulhauser Culinary Arts, teaching a swift sub-class in Regina. Photos by JESSICA SCHULHAUSER

She substituted an "all natural" — Angus, Michelin's three stars, dinner, dollar meat pies — for three months, until realizing "the side-bucks" putting forward is it does not make a different dish out of it."

She traveled in a St. Magister, the July 1990 issue of Cooking Light, which has ultimately led to her ownership of three local foodie businesses: Revolution Catering & Fine Foods, Tasting: The Food Bar and Schulhauser Culinary Arts.

She made every recipe in that magazine — blue berry Brazil, olive, black bean dip and yolk low pepper soup were among the first — using local and fresh produce and chopping with plastic knives.

"I was hooked. Did you know you can get yellow peppers?" "I'll never buy chicken before." It was an eye-opening experience. "I did like to explore it. Like, 'This is nice, this is great!'"

Continued on Page B



Being able to communicate in French has been important to me.

Catrina Lemay-Dosin
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You have to make something every day anyway, so why not make it different every day?
—Schulhauser



Arnee Schulhauser, who has capped into the Regina community's thirst for good food that's made with care, discovered her creative side when she started cooking in university. GC PHOTO BY DON HEALY

By the third year of her bachelor's degree in psychology, she wanted to change paths, even though that'd always lived latent.

"I thought I was very fact-oriented and black and white and 'show me the data' kind of thing. As I started cooking, I realized you don't have to be one way or another. I really discovered my creative side when I started cooking."

She wanted to spend all her time in the kitchen, but knew she'd regret it if she didn't finish her degree. So she moved her chef dreams to the back burner and enrolled in Calgary for a job-as-a-hopper with Schulhauser. On work-

ends, she'd bake, roast and fry to her heart's content. She thought cooking would become a second-minded career ten decades down the road.

When the company moved to Houston after three years, Schulhauser didn't follow the corporate as the year and a half if cooking program at SAIT Polytechnic instead.

At age 21, she was back in Regina with a dream of opening her own business — fueled further by the memory of an anti-besitobes was cooking instructor at SAIT.

"Oh, you're from Saskatchewan? I guess a coach so I don't have to stop there," she re-

sponded him once saying. "It was just so galling. It made me want to make a difference."

For four months, she worked at a call centre while entering on the side. Then she pursued catering full time.

Evolution Catering began nine years ago in a 1,000-square-foot, renovated office space. It was a signboard for the next business, then peruse "The Food Bar, which opened in June 2010."

"I always thought lunch would be a great little niche market and it would give me my evenings off."

But with the exposure the restaurant of-

fered, it brought more attention to the cooking classes she had been quietly offering for two years.

The three-hour classes started small, one a month with a four-person capacity. They grew steadily. First, the reservations ebbed, then the class size increased, then every session was selling out with people of all ages enrolling.

Until moving to an online registration system, people would line up or phone in to reserve. One time 178 spots sold in 30 minutes. Lunches would start at 6 a.m. Food bars once crashed the phone lines.

She's very determined and works really hard at it and has the right attitude, makes sure she has the right people around her. She pretty much does everything right, I think. —Diane Schufhauser



Jane Schufhauser's cooking classes are usually sold out. GO PHOTO BY RAYMOND SCHULZE

Her geology background applies to some of the classes and is discussed in wine and food pairing physics applies to knife class.

"I get really excited when I talk about it," she said. "I tend to a little bit there. People's eyes glaze over."

There are 300 different classes, ranging from regional cuisine to skill-based classes—the aforementioned knife skills is a popular one, teaching people such as to julienne, chiffonade and dice.

Schufhauser feels the interest in the classes is growing.

"It's not about filling your belly; it's about the crafting of a dish now and I think that's really something that more people are discovering for the first time."

"I think that's what allows people to see food in a different way. It's in a fun atmosphere. It's a social eating; you get a great meal and someone is directing you through it, so it becomes more engaging and more involved with your senses, rather than just getting a plate of food

delivered to your table."

For those French is her favourite class. Featuring ribsteak gratin, sauté of veal and torte, she wrote the class six years ago, one of her first. It reminds her of her mother. "Was the food's really good."

♦ ♦ ♦ ♦

Good and different are two qualities Schufhauser strives to achieve in her food.

"Everyone's menu changes daily. It's just that reason."

"You have to make something every day anyway so why not make it different every day? Change it up, adapt to seasons, adapt to what's available," said Schufhauser. "The kitchen is in Goldstream right now. We're getting limited supplies of that and their fresh stuff, so maybe make a salad and so one has to be the year."

Continued on Page B

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Maybe the restaurateurs are willing to take more of a risk now that the population is a bit more diverse. Because if it was just my uncles, well, they won't even eat here — Schulhauser



Anne Schulhauser's new Gaze is the head chef at Longmead and at Out One of the 21 Staff are women. (S. Schuchman for LaserPoint)

It keeps the chefs on their toes.

"It's a little bit challenging trying to come up with something every day. We do have to remember that we try and relate through," said Danae Schulhauser. Danae is a mom and Tanager's head chef for the past 15 years. It was a promotion from her start there, working part time before she retired from Canada Post.

"She's a natural leader — as a mother I say you're you would have to be — very well organized, has great ideas and is so love with food. It was natural for it to take me a while to see it," said Schulhauser.

"She's a good boss," said Oliver. "She treats everybody the same and lets everybody do their thing."

As business has grown, Schulhauser has

spent less time in the kitchen.

I feel like I'm on the way and I think that's a good thing because that means I have good people, they know what they're doing and they don't need any kind of micromanaging."

Her 15 to 14-hour days, largely involve customer service, answering emails, getting groceries, teaching cooking classes and assisting her staff.

"I'm not surprised" at her success, said Oliver. "She's very determined and works really hard at it and has the right attitude, makes sure she has the right people around her. She pretty much does everything right. I think."

In a cooking world typically dominated by men, all but two of Tanager's 21 staff are women. In a business world likewise dominated

by men, Schulhauser's three companions are going strong.

"I don't feel different. I don't feel disassociated at all or left out or anything. I don't buy into any of the stereotypes either," said Schulhauser.

"(Tanager is) kind of a safe — as to speak — place for women to cook because it's a kinder gentler kitchen and there's no yelling here, there's no screaming here, you get a lot of support. But like women need to be confident in anything, but it's more of an opportunity to grow if you're not worried about stereotypes as the old boys club."

"I know that a lot of people drop out of the industry after a while anyway and it seems more so for women, so hopefully if I can keep

them in a little bit longer that'll be good."

♦ ♦ ♦ ♦

Frank had it on Schulhauser's order beyond reproach. She keeps tabs on food trends, taking foodie vacations across the United States and attending the annual Las Vegas Wine and Food Festival, where "more worldly" food about among food enthusiasts like Bobby Flay, Gail de Lencastre and Gordon Ramsay.

"It's fun to try new things and to rediscover something that you maybe used to cook but they're now presenting it in different ways," said Schulhauser.

Last year, meat balls were big. She's noticed short ribs making a comeback.

It's not about filling your belly, it's about the crafting of a dish now, and I think that's really something that more people are discovering for the first time. — Schulhauser

"My mom made short ribs all the time and they're great, but for me it was always like, 'Are short ribs and we get down to the bottom of the freezer?' And 'And always with macaroni too and now I go to these fancy places and I'm getting short ribs for \$40 and I kind of 'wrestle macaroni'," she said with a laugh.

Her goal is to keep things interesting and entice people to keep coming back.

Goodly though, her schedule doesn't allow much time for going out.

"When I get home, I stay home. And we order in a lot of takeout," Schulhauser said.

She and her husband Dean Hacker have a penchant for Swarovski's Paris — an "unboring" vacation, though she is not ashamed of her meal of choice: "I get the 'thru crust' veggie and I put craniole on it and it is delicious."

She's excited by the growth in Regi-

on's food scene, a consequence of the city's postwar growth.

"It's a place I said I would never move back to ever, and I'm sure you've heard that before, but when I moved back I saw it in different eyes," said Schulhauser. "Maybe the restaurant scene was willing to take more of a risk now that the population is a lot more diverse. Because if it was just my niche, well, they won't even eat here."

In terms of her own business, Schulhauser is excited for the years to come.

She's got her mind on a breakfast restaurant, and would like to open a food market, providing more ingredients and ready-made meals.

"I think there's a need for it, I think there's a need. We have a really nice, diverse population, they're really savvy about food now and that kind of thing would serve us quite well."

amnews@leaderpost.com

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"We have a really educated population, they're really savvy about food now," said Anne Schulhauser, owner of Teragone Food Bar. Schoolhouse Culinary Arts and Institute-Gitling, 50 Phillips Ave. H&A

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LEADER-POST

IN THE CITY

FEBRUARY 21, 2015 — 8:33 P.M.

A night of song



Arren Spinale shares a moment with the audience before singing at Defined The Song Concert Series held at Creative City Centre in Regina. Jason Plunk and Four Nameless Boy also performed at the concert.
GC PHOTO BY MICHAEL BELL



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ON THE SCENE

A LITTLE SYMPHONY FOR WINDS

Music lovers gathered at Government House on Sunday afternoon to enjoy A Little Symphony for Winds, presented by the Regina Symphony Orchestra (RSO).

The concert featured Alice Ho "Conchurus" Trio for Flute, Clarinet, Piano, Pedalini, Trio for Oboe, Bassoon, Flute, Horns, Pedalini, Violations and Gounod: Rêverie Symphony for Winds.

Gained compositional Peter Symphony at the request of his friend and mentor Paul Tafford. It is described in the RSO's website as "a joyful, delicate and rare."

"Tafford's Trio for Oboe, Bassoon and Piano exemplifies woodwind virtuosity," the RSO's website says. "Pierre captures an idyllic scene, and Alice Ho's elegant work, 'Conchurus,' stimulates the imagination with a rich palette of instrumental colour."



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10. Tanya Denker with Judith and Peter Flynn

QC PHOTOS BY MICHAEL BELL

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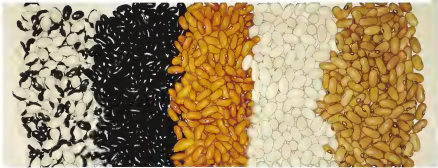


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GARDENING

#SEEDY SATURDAY

Sourcing heirloom seeds at made-in-Canada event



A selection of heirloom beans from columns: On the left, Black Valentine, Navy Bean, Decorado Pinto and Ancho. Yellow: Yellow Crown and On the right, On the right, On the right.

By Erl Svendsen

The event of the year for gardeners is coming soon.

Seedy Saturday was started by Betsy Rempel who was searching for local heirloom vegetables. Oats and wheat varieties for an 1880s garden project at the Great Mill and Garden in Kilmory, B.C.

Her first event in 2000 at the Van Dusen Botanical Garden in Vancouver brought out 100 people. She talked about seeds, and the group swapped and bought their own. A few local seed companies were on hand selling open-pollinated varieties as well as representatives from conservation and heritage organizations.

Since then, the event has spread across Canada, the United States and Europe. Seeds of Diversity (seedsofdiversity.org) a charitable non-profit or passion interested in preserving heirloom seeds, helps local Canadian groups host Seedy Saturdays and Seedings.

Seedy Saturdays everywhere follow a very similar model to that first one in 1999. There's usually a trade show where local seed companies have heirlooms, open-pollinated varieties for sale. There can be several local organizations interested in health, food security, sustainability or farm issues. And like Sherrin's first event, there are usually presenters who should local or regional food issues and opportunities, gardening or new trends in food production.

You may be wondering what all the fuss is about heirloom seeds. I've found growing heirloom varieties connects families and cultures across generations.

A friend of mine found some of her late grandmother's bean seeds. She planted them to see if any were viable and to her surprise, enough came up to continue the same growing cycle that her grandmother had planted for decades. Because of my Norwegian heritage, I was curious to try 'Munk Brua' (Munk's Brew) beans last year. They grow like giant

beans last year. They grow like giant beans and ripened in early September. They make excellent lentils.

Seeds cannot be stored forever — they lose their viability with each passing year even under ideal storage conditions. They need to be planted out periodically to generate fresh seed for storage. And it might surprise you to learn that not just legumes, tree hoppers and lupines are interested in preserving heirloom seeds.

Growing heirloom seeds has gained traction thanks to the burgeoning interest in community gardening and organic farming. Furthermore, the federal government has long been interested in preserving old varieties (and wild crop relatives) for their potential to contribute to new variety development.

The Plant Gene Resources Centre in Saskatoon (part of Agriculture and Agri-Food Canada), is a limited storehouse of seeds through time and

from across the world. Many other countries have similar seed banks.

BENEFITS TO GROWING HEIRLOOM VARIETIES

- Diverse and resilient: A huge amount of genetic information.
- Locally adapted: In terms of climate, soil, pests and diseases.
- Expect a longer harvest window because they are not as genetically uniform as modern cultivars.
- A longer harvest window means you can eat fresh produce over a longer period instead of everything ripening at the same time.
- You can expect a harvest every year because their versatility ensures that some will be adapted to whatever the growing conditions might be. On the downside, they may not be resistant to recent diseases and insect pest invasions.

Most of the seriously attending public sector? Consider travelling with a seedbanker garden author

SEEDY SATURDAY IN REGINA

- Feb. 28, 10 a.m. to 2 p.m.
- St. Mary's Anglican Church, 2330 10th Ave.
- www.facebook.com/seedyedsat
- www.seedyedsat.ca
- A full list of donors helps to cover the cost.
- For more information on Seedy & Agriculture in Regina, see www.seedyedsat.ca (March 1), Yorkton (March 16), Regina (March 22), North Battleford (March 28), and Prince Albert (April 26), see www.seedyedsat.ca

Seeds of Diversity are the seeds of a community seed group garden in Regina, March 18 to April 1. Call 1-888-776-0100 or email info@seedsociety.ca for information.

This column is provided on a non-profit basis by the Saskatchewan Perennial Society (www.saskperennial.ca). Authors write for fun and interest only. Check out our bulletin board or calendar for upcoming garden information sources.

NEW YORK TIMES Edited by MW Shorlin

- 1 Producers with out
- 5 With 7 Down
- 9 Incapable of looking
- 10 Online info source
- 14 Where *Jake* tells the Nurse she still wants to have the baby
- 15 Stand
- 16 Civil producer
- 17 Popular cartoon reference for *Rock*
- 18 Ice Speedy's sister
- 19 Winck
- 20 Flight companion
- 21 Self-generated noise
- 22 Lurch's weapon
- 23 History is recorded in it
- 24 With 28-buses
- 25 *Colgate* white powder by *Colgate*
- 26 *Willy Big*, *Dennis* *Freemason*
- 27 Hot as all hell
- 28 Paradox
- 29 Defensive gap since 1945
- 30 J.F.B., Library architect
- 34 Zoo unit
- 41 Dirty network?
- 42 "Beauty" author (in *Black*, *pink*)
- 43 Without in life
- 44 Tito... fabric toilet

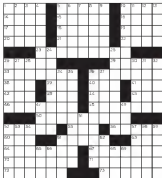


PLATE 12. THE GREAT HALL, 1970

T1 Something is bracketed
T2 Adapt, as a story
T3 Involve in action

- 1 Thriller set on Army Island
- 2 College course just
- 3 Joint action
- 4 Novel excerpt
- 5 Novel the rap
- 6 "Three Men in..."
(Jerome K. Jerome novel)
- 7 Sex 5 Across
- 8 Roman magistrate
- 9 Doctor's mission for short
- 10 Socialists on the political spectrum
- 11 Lucius (see comedies)

- 12 witty bit
- 13 Steer's button
- 26 Ally of the Chaparral
- 28 Chills here looks etc.
- 29 Look Guy's played in one
- 27 Roadside attend service
- 28 See 26 Acres
- 30 See 29 Acres
- 31 Author Ragan
- 32 Handled support
- 34 Bull later
- 35 Some shoot metal workers
- 36 Piggly
- 27 Michael of "Fishclan"
- 47 North of the border and on

- 46 First German prime minister
- 51 YouTube videoblast m
- 52 Days of availability
- 53 "The Fever Quince" series
- 54 New 32 Avenue
- 57 New 36 Avenue
- 58 Pinkie pie count
- 59 Goryard in baseball slang
- 61 "___foot pale"
- 62 Simple casualism pattern
- 65 Duck-poner mayfly
- 66 Verdi and "___to"
- 67 Hacker's creed
- 68 ___-to (jazz) musician

Fill in the blank coils using numbers 1 to 8. Each number can appear only once in each row, column and 2x3 block. Use logic and process of elimination to solve the puzzle.



Solution is the
crossword puzzle and
the Sudoku can be
found on Page 28



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and determine your
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¹⁰ *Time taken to report an MRE (high/officers) per hour* is with a positive sign (0.0002) while the position of a prefect (0.0001) is with a negative sign (0.0001). Therefore,

SPACES

Spaces celebrates beauty both indoors and out. If you have a living space we should highlight email qc@leaderpost.com

REGINA'S BEST SPACES

Scrimgeour didn't stop at black and white

By Ashley Martin

WHO? Jane Scrimgeour

WHAT/WHERE? Her seven-story condo in west Regina

WHEN? Scrimgeour moved into the unique 1971 condo complex in 1993 and began renovating. In 1996, it was a year-long process and cosmetically has been the biggest shift.

WHY? Scrimgeour grew up in England around Irish homes. When she came to Canada, she brought some of that bric-a-brac with her. Her previous decor was replete with wing chairs and antiques in soft colours and lots of gold.

Three or four years ago, she woke up and decided it was time for a change.

"Your home is your castle, you need to embrace your home, to feel very comfortable in your home," she says. "For some people... this would not be their comfort level at all."

HOW? It happened gradually, first with paint — a beige colour called cool wine which she found at HomeGoods. Then she bought some black chairs and started spray painting things silver — her friends call her the silver paint queen. She rolled her flooring, replacing some of the vinyl coloured carpet with a "subtle" shade and adding some slate laminate.

In 2011 she opened up her kitchen and added more space by adding a room-shaped counter-top.

She has swapped in other paint colours more recently with pink, green and grey adding to the largely black and white decor. She describes the finished product as urban chic.

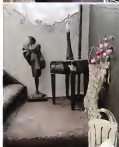
Scrimgeour is a huge fan of jewel tones. She sticks with her colour scheme — lemons and limes in display match the accent colours — and has tried not to overdo on black.

For new items, she frequents HomeSense, Habitat Home and Jysk and has discovered some good finds at Home, Sears Clearance (London Drugs), Salvation Army and White Village.



QC PHOTOS BY BRYAN SCHLOSSER

SPACES



She likes to surprise as much as possible. She has spray-painted lamps, sneakers and baskets for inexpensive decorating. She once used the fabric from a sundress to redecorate a side table.

What she can't invite, she sells on Used Poppins or Dorsets.

While renovating can be overwhelming for some people, Spraggins is hooked by it.

"Change is the fun of change, isn't it?" he said. "But sometimes change can be very stressful and if you're out of your comfort zone it can be very very uncomfortable for some people. But when it comes to home design, there's not too much that would scare me."

She and her husband Rick lived in eight different homes during their marriage.

"It became a bit of a hobby" to move, she says. "These days they probably would call it Poppins — and we didn't necessarily buy a house, we'd live in it for a year and then rent it. We just really enjoyed change."

Her favorite room in the house is her bedroom — "It's my oasis," she says. She's enjoyed having a feminine bedroom since childhood.

"My father, he always made sure that I had a really really girly bedroom... He always made sure I had pretty sheets, they always had little heartbands on them or they were pink."

He once built her a peddle boat and he made a room for her.

Spraggins loves the different levels of her condo — it's good exercise, she says, and has lots of closets. The bottom two levels are entrances (a back door on the first level, from door on the second), one middle level is a landing.

The downside is the house is so narrow it's difficult to get anything up the stairs.

In summertime, the large parlor covered patio is like an added room. She brings a lot of the tables outside, and vice versa.

more like bedroom suite
Fashion.com/100style

EVENTS

MUSIC

Wednesday, Feb. 25

Wednesday Night Pub: Call Me Wilky
Mid-Winter Blues Festival
Saskatoon, 2206 Dewdney

The Alley Owls
Leopold's Tavern, 2330 Albert St.

SwampRock, Mjortik, Kander Sewell
McNally's, 2226 Dewdney Ave.

Thursday, Feb. 26

Mid-Winter Blues Festival
Twelvebar, Apollo Cross, Spellbound, Billy Hughes and the Dealer Down, and Fisher, Paul: The Exchange, 2431 Eighth Ave.

Tripple concert series
OGS, Scooped, Inukle, Unltd, Lane Carls, LGK
Artful Dodger, 1631 18th Ave.

Live music:
Fat Edger, 1852 South St.

Steve Gibson Band
The Pump, 641 Victoria Ave E.

Friday, Feb. 27

Regina Mid-Winter Blues Festival
The Penetrators, JW Jones, Tinsley Ellis
Regina Performing Arts Centre, 1077 Angus St.

Open jam
6-8 p.m. Cashmere Community Centre, 645 6th Ave.

Weekly Drum Circle
Instruments provided
7:30-9 p.m., The Living Space Centre, 3015 Dean Dr. Call Mike, 306-550-3391.

Clint Black
Casino Regina Show Lounge
1650 Saskatchewan Dr.



Tracy Karel Her Right Hand Band are playing Swamprock during the Regina Mid-Winter Blues Festival.

Empire Choir, Desert Island Classic
O'Connell's, 9647 54th St.

Queen City Rocks
The Wolf battle of the Lands: The Exchange, 2431 Eighth Ave.

F.O.B.D.O.B.
McNally's, 2226 Dewdney Ave.

TrippleRising
Edwards, 3309 Dewdney Ave.

Steve Gibson Band
The Pump, 641 Victoria Ave E.

Saturday, Feb. 28

Saturday afternoon Blues Showcase
Featuring AZ Perle, Jeff Merliak Band, Billy & Karen and the Shane Road Trio
5-5 p.m. Saskatchewan, 2206 Dewdney

Open Acoustic: Jan

2:30-4 p.m.
Brookfield's Lounge, 1067 Brookfield Ave.

The Outers
Regina's symphony Orchestra
Saskatchewan Paper
8 p.m., Cassara Arts Centre, 298 Lakeshore Dr.

Regina Mid-Winter Blues Festival
Tracy Karel Her Right Hand Band, Rick Vito and the Lucky

What you need to know to plan your week.
Send events to QC@leaderpost.com

Devils, Rick Edrin and the Night Cows
Casino Regina Show Lounge
1650 Saskatchewan Dr.

Regina Mid-Winter Blues Festival
Stillhouse Poets, Brian Templeton Duo, Big Bad storm
The Lancaster, 4529 Gadsden Rd.

F.O.B.D.O.B.
McNally's, 2226 Dewdney Ave.

Steve Gibson Band
The Pump, 641 Victoria Ave E.

TrippleRising
Edwards, 3309 Dewdney Ave.

Big Muddy, Below the Tenspeet, Newcom
Exotic Club, 1630 Halifax St.

Scott Chodak
Brookfield's Lounge, 1067 Brookfield Ave.

The Dead South
The Exchange, 2431 Eighth Ave.

Well Mannered Thieves
Artful Dodger, 1631 18th Ave.

Sunday, March 1

Open jam
Every Tuesday 3-6 p.m.
Metro Club, 639 Victoria Ave.

Monday, March 2

Monday Night Jazz & Blues: U of R Jazz Band
Saskatoon, 2226 Dewdney

Tuesday, March 3

Karaoke
McNally's, 2226 Dewdney Ave.

VISUAL ART

On the Macker

Meet Regina's newest artists and learn about their practice
Featuring: Jan Klenkowski, Gerry Leque, Kathleen Macpherson and Katherine Boyer

Feb. 26, 10:30 p.m.
Art Gallery of Regina, Neil Bellwell Civic Arts Centre, 2430 Ephraim St.

Moving Forward, Never Forgetting
This exhibition creates a space for intercultural dialogue and storytelling, encouraging sharing, empathy, and deeper understanding of what it means for indigenous and non-indigenous peoples to co-exist in these territories
Feb. 26-April 19
Opening celebration: Feb. 27, 7:00 p.m.
Cantor walk-through: Feb. 28, 2 p.m.
MacKenzie Art Gallery, 3475 Albert St.

Hidden in Plain Sight
A visual conversation between two artists, Kim Birvis and Anne McClary, who share a scalability and an appreciation for the ephemeral.
The show includes 60 small paintings and mixed media works
Until March 4.

Art Gallery of Regina, Neil Bellwell Civic Arts Centre, 2430 Ephraim St.

Undergrowth: Brandon Selek

Introduce organic patterns influenced by nature's creatures delicately rendered in graphite
Until March 21
State Fine Art Gallery, 3078 Halifax St.

Interspersed Details in Textures
A collection of 16 framed prints on archival watercolor photographic paper. Through the camera lens, the artists have probed and explored seasonal elements in the everyday world to allure, entice, tease, excite and compel us to experience that which is in front of us, and to inspire a powerful visual impression and examine more deeply the notion of serendipity
Until March 21
Artful Dodger, 1631 18th Ave.

EVENTS

Landscape and Sky: Beside a Red Planet: Contemporary Canadian Fine Art
The Artists of Scott Nicholson Fine Arts
Until March 22, Government House, 4699 Dewdney Ave.

Historical date
Works by 24 female artists of different ages, from a variety of disciplines and cultural backgrounds, using both traditional and new media to reveal the senses with bright colours and decorative motifs.
Until April 5, Dundas Centre Gallery, 2341 42nd Ave.

Persons of interest
Is this moment public or private? Deceived or un deceived? Intimate or anonymous? More than ever, how we see ourselves is inseparable from how we are being seen. Art by Vancouver artist Ben Lum.
Until April 5, Museum Art Gallery, 3475 Albert St.

Landscape and Sky: Contemporary Canadian Fine Art
The Artists of Scott Nicholson Fine Arts
Until April 30, Regina Centre Crossing, 1621 Albert St.

Austin Bell Gallery
2324 Smith St.
Open Tuesday to Friday, 10 a.m. - 5:30 p.m.; Saturday 10 a.m. - 5 p.m.

Meta Gallery
(Formerly Mykiste) 106-2300 49th St.
Open Tuesday to Saturday, 11 a.m. - 6 p.m.

Neutral Ground
4203-1554 Scotch St.
Open Tuesday to Saturday, 11 a.m. - 5 p.m.

Neovous gallery
2166 Albert St.
Open Tuesday to Saturday, 10 a.m. - 5 p.m.

Galileo GRT and Fine Arts



Jessie Sherry-Kusman is part of *On the Radar*, Thursday at the Art Gallery of Regina, 4699 Dewdney Ave. Photo by Lisa R. Bisset

Oil and ink paintings by Chinese artists Linping Jiang and Huaili Tian
2312 Smith St. Open Monday to Saturday, 10 a.m. - 5 p.m.

COMEDY

Pass the Hat
Feb. 22, 9 p.m.
The Club at the Exchange
2431 Eighth Ave.

The Laugh Shop
Live standup every Saturday night, 9:30 p.m.
Dewdney Hotel, 3018 Victoria Ave.

PERFORMANCE

As You Like It
Do It With Class Young Peoples Theatre.
Feb. 25-27 Shakespeare Theatre, Conexus Arts Centre

Deep Journey
Feb. 20-March 7
Globe Theatre, 1801 South St.

Kolene Linnenden Dance
Superior and performance fundraiser for telemedicine and school for talents, call center at 639-911-1525
Feb. 28 - performance at 6:15 p.m.; supper at 7:15 p.m.
Dance to Follow
University National Residence, 1737 St. John St.

STORYTELLERS FESTIVAL

Wednesday, Feb. 25

Storytelling Workshop with Dye McNeilson
2-4:30 p.m. 1/2 of 11 Aboriginal Student Centre, 192 noon 159

LANCASTER TAPHOUSE UPCOMING EVENTS

THE LANCHESTER MILL STREET BLUES BAND
FRIDAY, 26 FEBRUARY 7:30 PM

LANCASTER TAPHOUSE MID-WINTER BLUES REEF
WEDNESDAY, 25 FEBRUARY 7:30 PM

LANCASTER TAPHOUSE SMARTY PANTS PUB TRIVIA
THURSDAY, 26 FEBRUARY 7:30 PM

LANCASTER TAPHOUSE VERB NIG CHIEF FRIDAY!
FRIDAY, 27 FEBRUARY 7:30 PM

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EVENTS

Word Up!

Poetry Slam, feature poets Kevin Wasseque and Zach Phillips. Info read (Read Schreiner).
6-10 p.m. Artful Dodger, 1631 7th Ave.

Thursday, Feb. 26

Indian & Cowboy Stories from the Land with Elgin McElwain

Featuring storytelling by Kevin McKenzie (visual artist) and Shouwen Pete (storyteller and professor).
7-9:30 p.m. Artful Dodger, 1631 7th Ave.

Friday, Feb. 27

Performance by Peter Martin
4-6 p.m. MacKenzie Art Gallery, 3475 Albert St.

Meeting Forward, Never Forgetting!
Opening reception
7 p.m. MacKenzie Art Gallery, 3475 Albert St.

Indigenous Music Showcase
Featuring Kinder Scout and Snake Oil Saloon, 9 p.m.
Artful Dodger, 1631 7th Ave.

Saturday, Feb. 28

Indigenous Western Table Read
Featuring literary work by Bill Stevenson
3-4:30 p.m. Takeaway Art Gallery, 2150 Albert St.

Stories from the Land
Featuring stories from Takeaway members and Ryan McElwain
4:30-5:30 p.m. Takeaway Art Gallery, 2150 Albert St.

Indigenous Survivance
Opening reception
Featuring Hilary Ryder, Melaine Monique Ross, Julianne Southwell-Henry and Brian Jerns. 7-11 a.m. Takeaway Art Gallery, 2150 Albert St.



Indie's a Dancer Wednesday at Word Up event of the upcoming Storytellers Festival

DANCING

Swirls the line
Feb. 27, 4-6 p.m.
Eastview Community Centre, 615 6th Ave.

Friday Night Dancing
Hosted by Adult Social Dance

Group \$5 per couple includes tea and coffee.
Friday, 8-10 p.m. St Mary's Anglican Church, 3337 15th Ave.

Club 60 Dance
Featuring Karaoke & the Polka Pals
Feb. 27, 6 p.m. -midnight

Regina Senior Citizens Centre, 2134 Winnipeg St.
Retro Dance Party
Every Sunday
McNelly's, 2326 Dewdney Ave.

Contemporary Singles social club-dance

What you need to know to plan your week.
Send events to QC@leaderpost.com

Feb. 27, 5:30 p.m. to 7 a.m.
Eggs Club Hall, 6000 Halifax St.

Little Lounge Tonight
March 2, 8:30-10 p.m.
Artful Dodger, 1631 7th Ave.

SPORTS

Regina Pats vs. Kootenay
Feb. 28, 7 p.m.
Sensit Centre, Elms Place

Regina Pats vs. Medicine Hat
Feb. 27, 7 p.m.
Sensit Centre, Elms Place

Regina Pats vs. Moose Jaw
March 1, 6 p.m.
Sensit Centre, Elms Place

FOR FAMILIES

2 to 4 and Strollers
Wednesday, 11 a.m.
Cincoza Odeon Southland Mall, 3025 Gordon Rd.

Bake & Differise
Cooking, bread-making through baking, spread kindness with a cookie.
Wednesday, 5-7 p.m.
Sweet Ambrosia Bakehouse, 230 Winnipeg St. N.

Drop-in crafts and gym
Free event for youth aged 5-16. Thursday 4-5 p.m.
Eastview Community Centre, 615 6th Ave.

Drop-in Indoor Playground
Friday, 9-11:30 a.m.
South Lethbridge Centre, 170 Sunset Dr.

Build and Grow Girls
Build a special feature project.
For children age 5 and up.
Saturday, 10 a.m.
Lewes, 4355 Glenbow Rd.

Mom and Tot Rotted Meetings
Hosted by Kate Marley. 304-215-2871.
Friday, 10-11:30 a.m. Early Learning/Family Centre, Scott College, 3350 17th Ave.

Michael's Kids Club
Saturday 10 a.m. -noon
2005 Prince of Wales Dr.

Family Resource Home
Friday & Saturday 9-11 a.m.
Saturday 11 a.m. -12 p.m.
Saturday 11 a.m. -12 p.m.
Saturday 11 a.m. -12 p.m.
Saturday 11 a.m. -12 p.m.

Family Activities
Saturday and Sunday, 2 p.m.
Saskatchewan Science Centre, 2903 Powerhouse Dr.

Family Fun Night
Feb. 26, 6-9 p.m.
Saskatoon Community Centre, 615 6th Ave.

Family Studio Sundays
Sunday, 2-4 p.m.
MacKenzie Art Gallery, 3475 Albert St.

Parent and Preschooler
Jungle Gym
Monday, 9:30-11 a.m.
Artistic Family Wellness Centre, 445 16th Ave.

The Next Step Live on Stage
March 3, 6-8 p.m.
Census Arts Centre, 200 Lakeshore Dr.

Science Time for Tot
Interactive workshop aimed at early learners.
Tuesday, 9:30-10 a.m.
Saskatchewan Science Centre, 2903 Powerhouse Dr.

Drop-in crafts and gym
Free event for youth aged 5-16.
Tuesday, 4-5 p.m.
Eastview Community Centre, 615 6th Ave.

OTHER HAPPENINGS

Educational meeting
Don Christie from the Regina Capital Society will speak about ancient culture Indians.
Hosted by Regina Horticulture Society \$5.
Feb. 26, 7 p.m.
Lewes Hall, 4440 South St.
More events on page 32

OUTSIDE THE LINES

Colouring contest

Each week, artist Stephanie McKay creates a timely illustration meant to please kids of all ages.

Children can colour this page, have a picture taken with the finished product and email it to qc@leaderpost.com. One winner will be chosen each week.

Please send **high-resolution pictures** and include the **child's name and contact information**.



Last week's QC coloring contest winner was **Nekia Mitchell**, Congrats Nekia! Thanks to all for your colourful submissions. Try again this week!



**THE ULTIMATE
CANADIAN
Combo**

with Wendy's Ultimate Canadian Combo you get it all in a Biscuitator™ with lots of bacon and poultry.

VISIT US AT THESE REGINA LOCATIONS:
• 2105 VICTORIA AVENUE EAST • 208 ALBERT STREET

© 2012 Wendy's, an old-fashioned fast-food restaurant



EVENTS

BCMP Regional Studio's Parade
 Weekdays, 12:45 p.m.
 BCMP Depot Division, 5600 18th Ave.

Last Mountain Distillery Seminar & Tasting
 Hosted by distillery owners Colin and Meredith Schmidt. Enjoy a sampling of six products as well as sample out of the distiller's right out of the still from every stage of the manufacturing process. \$20.
 Feb. 28
 Southwick, 2206 Dewdney

Spring Free From Excess: a meal fundraiser
 Two-course dinner \$30. Free tickets sold here at 300-377-1029.
 Feb. 28, 3-3:30 p.m. Leahy Chap Study East, 202 Victoria Ave.

Open session life drawing
 Make models. Bring your own drawing materials. \$12 drop-in fee.
 Thursday, 7-10 p.m.
 Creative City Centre, 1844 Hamilton St.

French Club
 Come practice and improve your spoken French in a relaxed, friendly atmosphere.
 Feb. 28, 10-11:30 a.m.
 U of C Linguistics Institute Building, room 216/Vancouver

Seedy Saturday
 Featuring: Seedy speakers Beth Gask, Daphne Hartlaub and Seedy — How to Make Banquets, Stacey Ties.
 (Seaside Therapy Station — How to Sprout Seeds) and Laureen Ladman (Ladman Organic Vegetables — Cooking with Beans), seed exchange, Victor Clomsky clip project, "The Touch" table for children, and more.
 Feb. 28, 10 a.m. — 1 p.m.
 St. Mary's Anglican Church, 3337 125th Ave.

The Time with Regina Girl Guitars
 Feb. 28, 1-3:30 p.m.
 Lightboxes of 40 Nubless Church, 650 Piquette St.

The Time with Regina Girl Guitars
 Feb. 28, 1-4 p.m.
 Lightboxes of United Church, 305 Broadway Ave.

My Black is Ice
 February Month Mania girls featuring Caribbean food, entertainment and



Meredith and Colin Schmidt are hosting a lasting seminar Thursday at Southwick. go.leadpost.com/lastmtn

Cribbage Tournament
 To register, call 306-999-0101. \$10 entrance fee.
 March 1, 1 p.m.
 Elko Lodge, 4615 1st Ave. N.

Training for Life Dancer
 Keynote speaker is Regina Potts head coach John Paddock. Team members will be in attendance to sign autographs and pose for photos. \$50 ticket includes a Potts game voucher. Special Olympic Saskatchewan Fundraiser.
 March 3, 5:30 p.m. cocktails, \$80 p.m. dinner.
 Hilton Double Tree, 1975 Broad St.

Chessday Challenge
 Drop-in gathering of board game enthusiasts.
 Every Tuesday, 6 p.m.-midnight.
 Boston Plaza, 545 Albert St. N.

NO FILM
Up At A Candle
 Produced by Ianman-Canadian journalist Muzic Bahari (Rocwrest), the film highlights the broken environments denied of education to Belval youth.
 Feb. 27, 7 p.m.
 U of C CHS room 180

Up At The 88
 Featuring short films inspired by songs, as well as music by Ash Ginzburgs and Legends.
 Feb. 27, 8 p.m. Creative City Centre, 1844 Hamilton St.

Advanced Style
 Documentary
 Based on art Seth Cohen's famed blog of the same name, this chamber points intimate and colourful portraits of independent, stylish women aged 60 to 95. Seven eclectic New Yorkers, whose style and vital spirit have guided their search to aging, are profiled in this documentary that challenges conventional ideas about beauty and Western culture's increasing obsession with youth.

The Look Impression
 Documentary
 Filmmaker Chase Oles introduces us to a legion of life phenomenon, notables London theatre and film impresarios Michael White. Producing over 300 shows and movies over the last 50 years, White brought to the stage the unique product of On Circuit and The Rocky Horror Show, and to the screen Monty Python's The Holy Grail. Playboy, gambler, bon vivant, friend of the rich and famous, White inescapably shaped the cultural scene of 1970s London.

Reine Public Library Theatre
 257 12th Ave., 306-777-6704

Island of Lemurs: Madagascar
 Documentary
 Join scientist Patricia Wright as her lifelong mission to help reintroduce lemurs survive in the natural world. Narrated by Morgan Freeman.

D-Day 1944
 Documentary
 On June 6, 1944, the largest Allied operation of the Second World War began in Normandy, France. This film provides a new, award-winning look at this moment in history, showing multiple cinematic techniques including animation, CGI, and live-action images.

Journey to the South Pacific
 Documentary
 Narrated by Kate Winslet, this is a breathtaking adventure to the lush tropical islands of remote West Papua where life is beautiful above and below the sea. Join Jo, a young island boy, as he takes us on a journey of discovery to this magical place where we encounter whale sharks, sea turtles, manta rays, and other

iconic creatures of the sea.

Interstellar
 Sci-Fi
 A group of explorers make use of a newly discovered wormhole to bypass the limitations of human space travel and conquer the vast distances involved in an interstellar voyage. Directed by Christopher Nolan.

Amor Amor
 3002 Fawcett St.
 306-532-6279

NEW MOVIES

Focus
 Drama
 In a small town in New Mexico by Stephen (Bill Smith) takes a young woman named Jess Barrett (Margot Robbie) under his wing and becomes romantically involved with her. When she gets too close, he abruptly breaks up with her. Three years later, Jess, now an accomplished car artist herself, shows up in Buenos Aires posing as a billionaire international race car owner and throws a loop into Tony's latest, very dangerous scheme.

The Lullaby Effect
 Thriller
 A group of medical research students accidentally kill one of their team while doing an experiment on the brain. They discover a way to bring their dead colleague back to life, but while doing so, unwittingly unlock a deadly force. Fighting for their own lives, the team has to keep their colleague in the lab before she gets out and threatens the world.

Galaxy Cinema
 420 McCarthy Blvd. N.
 306-522-1001

Complex Odeon
 3025 Gordon St., 306-545-5363

Robinson Cinema
 Galaxy Movie Shopping Centre
 3606 Albert St., 306-553-0250

Events belong to a film community offered by QC. Listings will be printed if space permits. Please contact information for more details.

WINE WORLD

SASKATCHEWAN WINE SCENE

A wonderfully charming bouquet of floral aromas

By James Romanow

A complaint I hear periodically about German

wines is "they're too sweet". I find this comment odd because trocken (dry) meaning is made and exported from Germany for quite reasonable prices. Indeed, many of these are much drier than competing wines from other countries like Australia.

If you like a wine with a mineral touch, and a pleasantly brisk acidity you need to spend more time exploring the sparkling grape. Most people drink wine that is glorified sodas — mostly fruit juice with a healthy alcohol kick (e.g. sparkling). To fans of such beverages, I can pretty much the entire wine trade (all of which, based on cheapening marketing), are making our lives

The reason I champion rose

ling is that the stuff is the perfect foot wine.

A sparkling drink does the same job: start your blood-draw of cleansing the dust of the day from your lungs when you come home. Both

share the same juicy citrus profile, however sparkling takes the bouquet subtly towards floral aromas that can be wonderfully charming if you take the time to smell the roses.

I once across a couple bottles at the Group on Saskatoon and quite enjoyed them. If you can't get there, watch for any trocken sparkling you see. Ulrich Langguth Trocken Riesling is a perfect example of why dry sparkling should fit in your wine cupboard. This is a great partner with pork sausages or other lighter meals.

It has a very slightly floral bouquet, a crisp citrus on the nose, a smooth mid-palate and a lingering stony finish. The generosity of Mosel wines is always admirable and this glass should adorn the most strictest "I don't drink sweet" onto.

Ulrich Langguth Trocken Riesling, 2012, \$22.95

More wine in Monday's Leader Post and on always on Twitter @drwinco.



Crossword/Sudoku answers

JUTR	WATER	FAOS
ANON	ABIDE	AGUE
WIKI	LOGIC	ROUT
STEP	KARLO	LAPD
AFTR	STIVENS	
AFTR	STIVENS	
BLATANT	INUTILE	
CAS	PEI	MOL
MRT	AWN	PUT
RECHER	AROUSAL	
FORMATION		
TITILL	TOT	DUICH
ERR	OTTER	BOO
ENCORE	STRAHAM	
ENCORE	YAKKATE	
YAKKATE	BESTIR	

9	2	4	1	3	5	7	8	6
3	8	5	9	6	7	1	4	2
6	1	7	8	2	4	9	3	5
5	3	2	6	4	1	8	7	9
4	6	9	7	5	8	3	2	1
1	7	8	3	9	2	6	5	4
2	9	6	5	7	3	4	1	8
7	5	1	4	8	9	2	6	3
8	4	3	2	1	6	5	9	7

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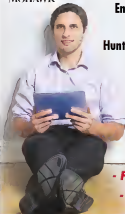
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